

# One Month Core Workout

## Week 1

1 Back + Plank + Ball

2 Back + Cardio

3 Rest

4 Cardio

5 Back + Plank + Ball

6 Back + Cardio

7 Plank + Ball

## Week 2

8 Rest

9 Back + Plank + Ball

10 Rest

11 Back + Cardio

12 Plank + Ball

13 Rest

14 Back + Plank + Ball

## Week 3

15 Rest

16 Plank + Ball

17 Back + Cardio

18 Cardio

19 Rest

20 Back + Plank + Ball

21 Back + Cardio

## Week 4

22 Rest

23 Plank + Ball

24 Back + Cardio

25 Rest

26 Back + Plank + Ball

27 Back + Cardio

28 Rest

## Week 5

29 Plank + Ball

30 Back + Cardio

31 Back + Plank + Ball

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